



Santa Fe County April 2016

8 oz. 2% Low Fat Milk Served With All Meals	Menus are subject to change			FRIDAY 1, 2016 Burrito Supreme (2 oz. Beef, 1 oz. Cheese, 1 Tortilla, 1/2c Beans) 1/2c Spanish Rice 1c Salad W/ Low Fat Dressing 1 piece Apple Crisp
MONDAY 4, 2016 1 Egg Salad Sandwich (4 oz. Egg Salad, 2 sl. Bread) 1/2c Celery & Carrot Sticks 1/2c Tomato, Cucumber & Onion Salad 1/2c Orange	TUESDAY 5, 2016 Vegetarian Lasagna (2 oz Cheese, 1 oz. Spinach, 1 oz. Sauce, 1/2c Noodles) 1c Caesar Salad 1 sl. Garlic Bread 1 piece Cherry Cobbler	WEDNESDAY 6, 2016 Taco Salad (2 oz. Beef, 1 oz. Cheese, 1 oz. Tortilla Chips, 1/2c Lettuce & Tomato) 1/2c Spanish Rice 1/2c Buttered Corn 3/4c Diced Peaches w/ Cottage Cheese	THURSDAY 7, 2016 3 oz. Salisbury Steak 1/2c Mashed Potatoes w/ 1 oz. Low Sodium Gravy 1/2c Peas 1/2c Cauliflower 1/2c Apple Slices	FRIDAY 8, 2016 4 oz. Baked Pork Chop 1/2c Roasted Red Potatoes 1/2c Green Bean Almandine 1 WW Roll w/ 1 tsp. Margarine 1/2c Applesauce
MONDAY 11, 2016 Turkey Wrap (2 oz. Turkey, 1 oz. Cheese, 1/2c Lettuce & Tomato 1/2c Potato Salad 4 oz. Corn On The Cob 1/2c Jell-O w/ Fruit	TUESDAY 12, 2016 3 oz. Dill Baked Tilapia 1/2c Rice Pilaf 1/2c Spinach Salad w/ Cherry Tomatoes 1 sl. Angel Food Cake w/ Peaches	WEDNESDAY 13, 2016 RC Beef Enchiladas (2 oz. Beef, 1 oz. Cheese, 1 oz. Red Chile, 2 Corn Tortillas) 1/2c Pinto Beans 1c Tossed Salad w/ 2T Low Fat Dressing 1/2c Chilled Pears	THURSDAY 14, 2016 Chicken Fettuccini (3 oz. Chicken, 1 oz. Sauce, 1/2c Noodles) 1/2c California Blend Vegetables 1 sl. French Bread w/ 1 tsp. Margarine 1 piece Apple Cobbler	FRIDAY 15, 2016 2 oz. Low Sodium Ham & 1/2c Beans/Peppers 1/2c Spinach 1 sl. Cornbread 1/2c Fruit Cup
MONDAY 18, 2016 Grilled Cheese Sandwich (2 oz. Cheese, 2 sl. Bread) 3/4c Vegetables Soup 6 each Crackers 1 piece Blueberry Cobbler	TUESDAY 19, 2016 1/2c Spaghetti & 4 oz. Meat Sauce 1/2c Spinach Salad 1/2c Butted Corn 1 sl. Garlic Bread 1/2c Cherry Jell-O w/ Fruit	WEDNESDAY 20, 2016 3 oz. Sliced Chicken Breast 1c Caesar Salad w/ Croutons 1 sl. French Bread w/ 1 tsp. Margarine 1/2c Strawberries & Peaches	THURSDAY 21, 2016 4 oz. Pepper Steak 1/2c Egg Noodles 1/2c Seasoned Green Beans 1 WW Roll w/ 1 tsp. Margarine 1/2c Applesauce 1 Cookie	FRIDAY 22, 2016 4 oz. BBQ Chicken 1/2c sliced Carrots 1/2c Baked Beans 1 sl. Cornbread 1 piece Peach Cobbler
MONDAY 25, 2016 Chef's Salad (2 oz. Turkey, 1 oz. Cheese, 1 oz. Egg, 1/2c Lettuce, Cucumber Tomato, Croutons) 6 each Cracker 1c Chilled Pineapple	TUESDAY 26, 2016 4 oz. Baked Fish Paprika 1T tartar Sauce 1/2c Cauliflower 1/2c Sliced Carrots 1/2c Rice Pilaf 1/2c Fresh Fruit Cup	WEDNESDAY 27, 2016 4 oz. Marinated Chicken Breast 1/2c California Vegetables 1/2c Oven Roasted Potatoes 1 WW Roll w/ 1 tsp. Margarine 1c Chilled Peaches	Thursday 28, 2016 4 oz. Meatloaf 1/2c Mashed Potatoes w/ 1 oz. Low Sodium Gravy 1/2c Buttered Peas 1 WW Roll w/ 1 tsp. Margarine 1/2c Sliced Apples	FRIDAY 29, 2016 4 oz. Carne Adovada 1/2c Pinto Beans 1/2c Spinach 1 Tortilla 1/2c Chilled Pears



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Nutrient Table

Nutrient	Daily Lunch Requirement	Menu Week 1	Menu Week 2	Menu Week 3	Menu Week 4	Menu Week 5
		Days in Week: 1	Days in Week: 5	Days in Week: 5	Days in Week: 5	Days in Week: 5
Calories	700	747	701	705	705	708
% Carbohydrates from Calories	45-55%	53.4%	49.3%	50%	50.6%	45%
% Protein from Calories	15-25%	18.3%	21.2%	23.6%	24%	26.4%
% Fat from Calories	25-35%	28.3%	29.5%	26.4%	25.4%	28.6%
Saturated Fat	less than 8g	7.1	7.5g	7.2g	7.4g	7.9g
Fiber	5-7g	13g	9.4g	10g	10g	9.7g
Vitamin B-12	.8ug	2.1ug	2.7ug	2.1ug	2.2ug	2.7ug
Vitamin A	300ug RAE	502ug	584ug	542ug	709ug	654ug
Vitamin C	30mg	56mg	42mg	45mg	39mg	51mg
Iron	2.6mg	5.8mg	5.7mg	5.8mg	6.1g	5.1mg
Calcium	400mg	552mg	529mg	568mg	538mg	524mg
Sodium	less than 1000mg	895mg	844mg	990mg	740mg	813mg

This menu plan meets the standards of the Older Americans Act. This menu plan meets the lunch calorie level of 700. This menu plan meets the requirements for 1/3 DRI in protein, iron, calcium, Vitamin A, Vitamin C, Vitamin B-12, Fiber and Sodium. In addition, this menu plan is 45-55% of calories from Carbohydrates, 25-35% of calories from Fat and 15-25% of calories from Protein.

Jennifer Pas, RD, LD